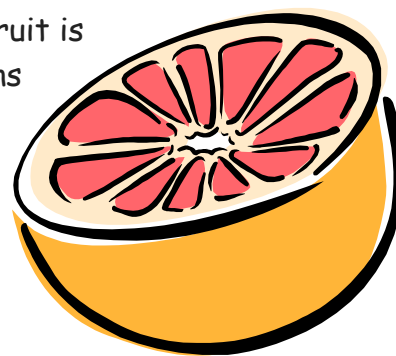


Glorious Grapefruit

Grapefruit Fun Facts

- Grapefruits come in many colors. They can be yellow, pink, white or ruby in color. All varieties have a tangy-sweet flavor and are very juicy.
- Grapefruits are part of the citrus family. That means that they are related to oranges, tangerines, lemons, and limes.
- Most grapefruit in the United States is grown in Florida.
- Grapefruit grows on a large tree with glossy dark green leaves. The fruit hangs in clusters on the tree.
- The most common way to eat a grapefruit is to slice it in half and scoop the sections out with a spoon. You can also peel it and separate the sections like an orange or slice it into wedges.
- Grapefruits are a great source of vitamin C. One-half of a grapefruit provides all the vitamin C your body needs for the day.



Did you know... that the grapefruit got its name from the way it grows in clusters (like grapes) on the tree?

Tangy Fruit Salad

Ingredients:

- 1 grapefruit, peeled and sliced
- 1 orange, peeled and sliced
- 1 cup grapes
- 1 banana, sliced
- 1 cup low-fat vanilla yogurt

Directions:

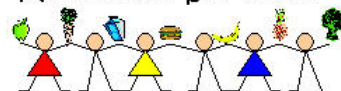
1. Combine all ingredients in a medium bowl.
2. Enjoy!

Nutrition Facts

Serving Size = $\frac{1}{2}$ medium grapefruit

Calories	37
Fat	0 g
Fiber	1 g
Vit. C	47 mg
Vit. A	318 IU
Folic Acid	159 μ g

Nutrition Services



Thompson School District R2-J